ALBERTA FOUNDATION FOR NURSING RESEARCH

ANNUAL REPORT 1990 - 1991

Through the research it sponsors, the Alberta Foundation for Nursing Research aims to

enhance the expertise and competence of nurses in the design and conduct of research projects;

increase the number of nursing research projects related to nursing practice;

increase the opportunities for nurses and nursing students to develop their potential in research;

increase the awareness of nurses in Alberta about the importance of nursing research in developing and extending nursing knowledge;

communicate to the public the importance of nursing research in improving patient care;

inform the public of the need to create conditions which will increase and facilitate the conduct of nursing research;

increase the opportunities for communicating nursing research findings;

encourage the development of projects which incorporate innovations in the organization and delivery of nursing care;

assess the need for continued and expanded funding for nursing research in Alberta.

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CHAIR'S MESSAGE

The objectives for the Foundation established by the Government of Alberta have served the Alberta Foundation for Nursing Research well. Yet, from time to time, it is important to re-evaluate which objectives should direct our attention and decisions. The Foundation Board plans to sharpen its focus on improving the Health and Illness Care of Albertans.

Simply put, this means that when faced with a choice about funding two scientifically sound proposals, we intend to select the one most related to improving patient care. We continue to recognize the need for basic and other non-clinical research for the profession. At the same time, Board members think it a priority to meet the needs of Albertans through clinically-relevant research. That is our priority for the funding period ahead.

We agree with the overall principles of *The Rainbow Report* (p.6, Vol.III), the Premier's Commission on Future Health Care for Albertans. One of these principles is that we believe change is inevitable and desirable and that we can manage change to accomplish our purposes. The Board members think that research on the nursing care of people can contribute to positive change.

We appreciate the continued support of the Department of Technology, Research and Telecommunication and the Government of Alberta in our efforts. We value the contributions of researchers in nursing in seeking and evaluating ways of improving nursing practice.

Joy D. Calkin, RN, PhD
Chair

BOARD OF DIRECTORS REPORT

April 1, 1990 to March 31, 1991

The Board of Directors of the Alberta Foundation for Nursing Research (AFNR) held three regular meetings and a separate one-day planning session. The focus of the planning session was on re-examining AFNR's objectives and direction in view of the recently released *Rainbow Report*. The Board agreed to actively pursue endowment funding, to increase the visibility of AFNR and to continue to support student research. The relative emphasis among objectives was altered for the year ahead. For example, there will be an enhanced emphasis on clinically focused research.

Three new members were appointed by the Honourable Fred Stewart, Minister of Technology, Research and Telecommunications. Joyce Baird representing the Alberta Hospital Association replaced Nora Greenley; Una Ridley from the University of Lethbridge replaced Joanne Scholdra; and Nadia Clarke, a public representative replaced, Mary Knox. Sheila Embury, Islay Arnold (public representatives), Kathleen Oberle (Alberta Association of Registered Nurses representative) and Marilynn Wood (University of Alberta representative) were reappointed.

This year marked the highest grant total in AFNR's history. In approving $392,674.70 in grants, the Board noted that the number and quality of proposals continue to increase. The Board funded eight Research Projects totalling $294,824.56; four Facilitation Grants totalling $20,000.00; four Conference Grants totalling $64,850.14; and 13 Student Grants totalling $13,000.

In response to a request from the Minister of Health, the Honourable Nancy Betkowski, the Board prepared a response to recommendations contained in the *Rainbow Report* regarding the Alberta Heritage Foundation for Medical Research.

To enhance the growth of nursing research in the province, the Board introduced two new awards, both available for the March, 1991 competition. The Post-Doctoral Award is in the amount of $50,000 (maximum) for a two year period. It is designed to encourage a nurse with a newly obtained doctoral degree to establish a program of nursing research. Thus, the award is to support the researcher, not the research *per se*. The $10,000 Post-Master's Award has a more direct clinical focus. It provides an opportunity for master's prepared nurses to become involved in research in a clinical setting. The grant is intended to provide salary replacement for time spent in research activities.

In examining the resources available to promote nursing research in Alberta, the Board concluded that there was a lack of consulting services. The Alberta Association of Registered Nurses (AARN) was asked to explore the possibility of creating a Nursing Research Consultant position. The request is currently before the long-range planning committee of the AARN.

The increasing number of proposals submitted to AFNR grant competitions is evidence of growth in nursing research in the province. Much of this growth is directly related to the availability of AFNR funding. Alberta is the only province in which funds are committed exclusively for nursing research. Such support is testimony to the commitment of the Government of Alberta to improving the health care of Albertans.

Kathleen Oberle, RN, MN
Alberta Association of Registered Nurses Representative to AFNR

SCIENTIFIC REVIEW COMMITTEE REPORT

The Scientific Review Committee (SRC) met twice during the year, once for each competition. A total of 19 proposals were reviewed at the Spring meeting. Funding was recommended for two Research Projects, three Facilitation Grants, two Conference Grants and five Student Research Grants.

At the Fall meeting, 21 proposals were reviewed. Funding was recommended for six Research Projects, one Facilitation Grant, two Conference Grants and eight Student Research Grants. In addition to reviewing proposals, the SRC discussed a number of issues related to the grant categories and the application forms. Recommendations were made to the Board for consideration of a post-doctoral award, for clarification of the guidelines in all categories and for revision of the application forms.

This was a hardworking committee, demonstrating commitment to research and to the goals of the Alberta Foundation for Nursing Research.

Marilynn J. Wood, DrPH, RN
Chair, Scientific Review Committee

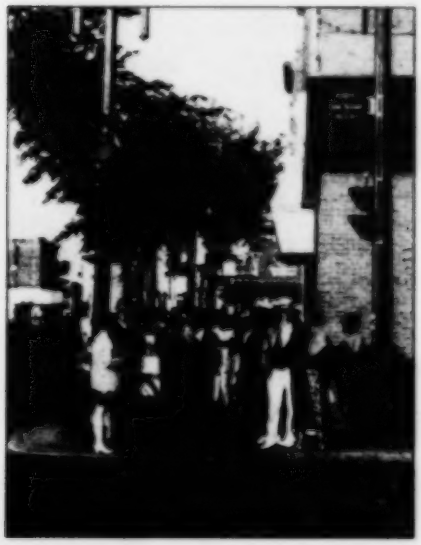
GUARDING THE PUBLIC GOOD

The task of "guarding the public good" is a sobering one. That is, however, precisely what the three appointed public members to the Board of the Alberta Foundation for Nursing Research (AFNR) do. To understand how they accomplish this we need to look at the role of a public member.

A public member of the AFNR Board is intended to represent the public interest. This means ensuring that government funds are spent to meet the objectives of the Foundation and in a manner which best serves the public. The health care of Albertans is a concern of public members. Government funds spent for nursing research to improve nursing practice have a direct effect on the health care of Albertans. Public members realize it is important that a fair share of public money be provided to support nursing research.

Public members provide liaison between the public and the Foundation. Through communication with a cross-section of Albertans, public members learn the concerns of the public-at-large regarding health issues, specifically nursing issues. Public members relate these concerns to the Board. This same network permits the member to interpret to the public, the positive effect of the Board's activities on health care in Alberta.

Public members can assist when obtaining government funding is a priority. They can be effective in influencing government members. They inform government members of AFNR activities and clarify the benefits of nursing research to their electorate. The presence of the public members broadens the perspective of the AFNR



Board, assisting it to achieve a balanced exchange of ideas.

A public member's contribution to the AFNR Board is based on qualities which have been developed and demonstrated in a wide range of community, professional and volunteer settings. This varied experience results in a unique point of view which helps clarify specific issues related to nursing research.

Public members are "bridges" — lines of contact — between the Alberta Foundation for Nursing Research and the citizens of Alberta. The past and present public members on the AFNR Board have brought a proud heritage of commitment and experience that has served well the public good of Albertans and will continue to do so.

Carole Estabrooks, MN, RN
Alberta Association of Registered Nurses Representative to AFNR in consultation with public members Sheila Embury, Islay Arnold and Mary Knox.

BREAKING GROUND IN PAIN CONTROL

Why perform nursing research? Results of nursing studies are seldom sensational in the way that, for example, finding the cure for cancer might be. In fact, nursing studies are rarely about cure. But they are often about reducing suffering. To those who have been in hospital, who have had pain, who have desperately wished to have their misery relieved, this is tremendously important.

One researcher whose work is making an important impact on patient care is Dr. Janice Lander, from the Faculty of Nursing at the University of Alberta. Dr. Lander studies pain. More specifically, she is interested in finding out about general factors associated with pain — what contributes to it and how it can be relieved. Her ultimate goal is to improve our ability to control pain. Dr. Lander has received several grants from the Alberta Foundation for Nursing Research (AFNR).

For one project, which involved nurses' beliefs about pain and their decision-making about pain management, Dr. Lander was awarded $31,000. This research is still in progress, but early results suggest that many nurses continue to hold outdated beliefs about how to assess and manage pain. The nurses who participated in the study seemed to be pleased that someone was taking an interest in this important topic, for they responded enthusiastically and often provided lengthy responses. This unexpected volume of rich data shows clearly that nurses want to know more about pain and pain control. Dr. Lander believes that knowing what nurses believe about pain is important if misinformation is to be corrected and care improved.

In the most recent AFNR grant competition, Dr. Lander was awarded $85,000 to study children's post-operative pain. In this project, Dr. Lander will measure the amount of children's pain at different times after surgery and will try to determine what causes the pain to increase and what helps to reduce it. One of the variables she will study is fear and how it affects the amount of pain the child experiences. The implications of this research are obvious: the results can help nurses to make the child's experience in hospital a little less frightening and a lot less painful.

Dr. Lander's pain studies have been important for another reason: her work has attracted a number of graduate students into the area of pain research. Several studies have recently

been completed by students in the Master of Nursing program. All the students were supported in part by AFNR. One student, Wendy Duggleby, worked with elderly patients who had total hip replacements. Wendy was interested in whether patients would get better relief from their pain if they gave their own analgesics using a special machine that regulates dosage. Nurses and physicians had been reluctant to allow elderly patients this privilege, as they were concerned that patients would be unable to manage the technology. Wendy's study indicated that the nurses' and doctors' fears were groundless. The project findings have resulted in a change in policy in the hospital where the study was carried out. Elderly patients are now permitted to use this effective method of pain control.

In another study, Cindy Finlay examined the use of Transcutaneous Electrical Nerve Stimulation (TENS), a painless, non-invasive method of nerve stimulation for pain control in patients after chest surgery (thoracotomy). Her results indicated that patients were generally given too little pain medication and that the use of TENS was generally ineffective in relieving pain under these circumstances. This study added to the growing body of knowledge about alternate methods of pain control and how their effects can be maximized.

Donna Romyn, another master's student, studied graduating student nurses' knowledge about pain control. Students from several different nursing programs were questioned and were shown to have limited knowledge about pain and its management. These results made it clear that in nursing programs, more attention must be paid to teaching about pain if nurses are to provide adequate care to patients.

Maureen McQueen looked at an important aspect of nursing care: giving injections. Traditionally, injections have been given in the well-known site in the buttocks. Maureen was interested in whether a different site might be less painful. She found that, indeed, a site higher up caused less pain and was associated with fewer complications. Based on her study, nursing students are now being taught that the new site is preferred and patients are experiencing the benefits.

The students mentioned above have completed their research and more are waiting to begin. One nurse wants to find ways to assess pain in premature babies; another wants to explore ways to relieve episiotomy pain after childbirth; another plans to study management of chronic pain; and another hasn't planned her research yet, but just wants to work with Dr. Lander on something that will "make a difference".

With a combination of expertise, experience and hard work, Dr. Lander is making important progress in the field of pain control. Her dedication and enthusiasm are inspiring to student researchers who are helping to break further ground. AFNR is proud to have been able to support these scientists in their work. Clearly, such research does "make a difference"!

Kathleen Oberle, RN, MN
Alberta Association of Registered Nurses Representative to AFNR

Dr. Janice Lander

1990 AWARDS

The proposals which were approved for funding from the applications received for the March 1, 1990 and October 15, 1990 competitions are listed below.

RESEARCH PROJECT GRANTS

PRINCIPAL INVESTIGATOR & CO-INVESTIGATOR(S)	AFFILIATED INSTITUTION OR AGENCY	PROJECT TITLE	FUNDING
BOTTORFF, Joan L.	University of Alberta	Nurse-Patient Interaction	$ 20,812.07
BROWN, Pam DAVIES, Betty CHEKRYN-REIMER, Joanne	Calgary Health Services Home Care Program	Families in Supportive Care: Phase II (Edmonton & Calgary) (The Expansion of A Concept: The Transition of Fading Away in the Terminal Phase of Cancer)	$ 19,691.00
HARRISON, Margaret J. MAGILL-EVANS, Joyce	University of Alberta	Mother and Father Interactions with Term and Preterm Infants	$ 85,000.00
LANDER, Janice FOWLER-KERRY, Susan	University of Alberta	Postoperative Pain, Distress and Anxiety in Children	$ 85,000.00
MORSE, Janice	University of Alberta	Analysis of Patient–Patient Communication in a Long-Term Care Facility	$ 14,128.00
THURSTON, Norma E. CHURCH, Joyce TENOVE, Sandra	Foothills Hospital	1990 - Nursing Research in Canadian Teaching Hospitals: A Replication and Extension	$ 13,772.00
YONGE, Olive KRAHN, Harvey	University of Alberta	Perceptions of Preceptors: Towards Preceptorship in Nursing Undergraduate Education Programs	$ 16,421.49
WOOD, Marilynn VALENTINE, Patricia RICHARDSON, Sharon	University of Alberta	Collaboration in Baccalaureate Nursing Education: The Edmonton Experience	$ 40,000.00
8 Awards Approved			**$294,824.56**

PRINCIPAL INVESTIGATOR & CO-INVESTIGATOR(S)	AFFILIATED INSTITUTION OR AGENCY	PROJECT TITLE	FUNDING
FACILITATION GRANTS			
BOTTORFF, Joan L.	University of Alberta	Nurse-Patient Interaction: A Pilot Study	$ 5,000.00
JENSEN, Louise ALLEN, Marion	University of Alberta	Illness Behaviour Scale: Development and Testing	$ 5,000.00
RAY, Lynne	Alberta Children's Hospital/Child Health Centre	Facilitating Parents' Coping With Their Child's Intensive Care Admission	$ 5,000.00
WERTENBERGER, Dana Hames DAY, Rene	University of Alberta	Characteristics of Students, Graduates and Faculty of Edmonton Nursing Education Programs	$ 5,000.00
4 Awards Approved			**$ 20,000.00**
CONFERENCE GRANTS			
KIKUCHI, June F.	University of Alberta	Philosophy In the Nurse's World: Toward Uncovering The Sources of Opposing Viewpoints in Nursing Philosophy	$ 16,485.14
MORSE, Janice M.	University of Alberta	Qualitative Health Research Conference	$ 25,000.00
PERRY, Beth	Cross Cancer Institute	Cancer Care: The Complete Circle	$ 13,500.00
FIELD, Peggy Anne KERR, Janet Ross	University of Alberta	Advancing Doctoral Preparation for Nurses: Charting a Course for the Future	$ 9,865.00
4 Awards Approved			**$ 64,850.14**

PRINCIPAL INVESTIGATOR & CO-INVESTIGATOR(S)	AFFILIATED INSTITUTION OR AGENCY	PROJECT TITLE	FUNDING
STUDENT GRANTS			
BROAD, Elizabeth L.	University of Alberta	Nursing Personnel's Perceptions of the Elderly Across Three Different Care Settings	$ 1,000.00
BULANI, Reta	University of Alberta	Relationship Between Subjective Time Perception And Self- Perception of Well-Being in Prison Inmates	$ 1,000.00
CARTEN, Anne	University of Alberta	Life Adjustment in Diabetic Adolescents	$ 1,000.00
CASTELEIN, M.L. Phyllis	University of Alberta	Satisfaction and Risk Factor Lifestyle: A Modification in a Phase III Cardiac Rehabilitation Program	$ 1,000.00
DEKKER, C. Leanne	University of Alberta	Factors in the Development of Exit-Site Infections Associated With Peritoneal Dialysis Catheters	$ 1,000.00
FISK, Shirley	University of Alberta	Curricular Change: Nurse Educators' Concerns	$ 1,000.00
GRAY, Carol	University of Alberta	Telephone Nursing Intervention With Mothers	$ 1,000.00
KURYLIW, Christina	University of Alberta	Learned Helplessness and Depression in Older Women in Three Different Care Settings	$ 1,000.00
McGEARY, Karen	University of Alberta	The Developing Mother-Child Relationship In A High-Risk Pregnancy	$ 1,000.00
PEDERSON, Elaine	University of Alberta	The Knowledge Level of Pre-conceptual People About Hazards to Fetal Development and Pre-conceptional Health Promotion	$ 1,000.00
PETRICK, Teresa R.	University of Alberta	Relationship Between the Demands of Caregiving Experienced by Spouse Caregivers and Their Perceptions of Personal Health	$ 1,000.00
RATNER, Pamela A.	University of Alberta	The Health Problems and Health Care Utilization Patterns of Wives Who are Physically and/or Psychologically Abused	$ 1,000.00
NALEWAJEK, Filomena	University of Alberta	Supportive Nursing Actions and Coping in Family of Palliative Care Patients	$ 1,000.00
13 Awards Approved			**$ 13,000.00**
A TOTAL OF 29 AWARDS APPROVED			**$392,674.70**

GRANTS

The Foundation was awarded a research budget of $1 million for the first five-year period beginning in the 1983/84 fiscal year. From that sum, the Board awarded grants amounting to $919,806. The success of the program was such that in 1988, Government renewed its commitment to nursing research by providing an additional $1 million.

The following table portrays grant funds awarded during the eight years since the inception of the Foundation

Table 1: Grant Funds Awarded to March 31, 1991

Category of Award	1983 $	1984 $	1985 $	1986 $	1987 $	1988 $	1989 $	1990 $	TOTAL $
Research Project	13,216	25,000	188,090	239,745	129,538	200,469	229,423	294,824.56	1,320,305.56
Demonstration	1,379	0	0	0	0	22,519	0	0	23,898.00
Facilitation	1,420	9,296	17,075	17,450	29,130	9,333	10,000	20,000.00	113,704.00
Conference	0	25,000	5,860	10,000	28,180	0	0	64,850.14	133,890.14
Student Bursaries	3,000	5,000	7,500	7,500	23,000	24,000	17,000	13,000.00	100,000.00
Research Support Services	0	0	61,314	0	0	24,083	0	0	85,397.00
Research Trainee*	0	0	25,000	47,113	0	0	0	0	72,113.00
TOTAL FUNDS AWARDED	19,015	64,296	304,839	321,808	209,848	280,404	256,423	392,674.70	1,849,307.70

*Research Trainee Category discontinued at the end of 1986

Table 2: Funds Awarded April 1, 1990 - March 31, 1991 Competitions

Category	Funds Awarded March Competition	Funds Awarded October Competition	TOTAL $
Research Projects	30,549.49	264,275.07	294,824.56
Facilitation Grants	15,000.00	5,000.00	20,000.00
Demo/Evaluation Projects	0	0	0
Conferences/Workshop	23,365.00	41,485.14	64,850.14
Student Research Bursaries	5,000.00	8,000.00	13,000.00
Research Support Services	0	0	0
TOTAL COMMITMENT	73,914.49	318,760.21	392,674.70

APPENDIX A

Members of the Board of Directors

The Board is appointed by Ministerial Order and consists of 3 members representing the general public; 2 representatives of the University of Alberta; 2 representatives of the University of Calgary; 1 representative of the University of Lethbridge; 2 representatives of the Alberta Association of Registered Nurses; 1 representative of the Alberta Public Health Association; and 1 representative of the Alberta Hospital Association.

NAME	REPRESENTING	APPOINTMENT
Dr. Joy Calkin	University of Calgary	
Vice-Chair		November 26, 1984
Chair		July 1, 1988
Dr. Marilynn Wood	University of Alberta	July 1, 1987
Vice-Chair		June 30, 1988
Ms. Islay Arnold	Public	October 6, 1982
Ms. Sheila Embury	Public	October 29, 1987
Ms. Mary Knox	Public	October 29, 1982*
Ms. Nadia Juliann Clarke	Public	December 27, 1990**
Dr. Pamela Brink	University of Alberta	June 20, 1989
Dr. Colleen Stainton	University of Calgary	June 20, 1989
Dr. Joanne Scholdra	University of Lethbridge	June 23, 1987*
Ms. Una Ridley	University of Lethbridge	August 21, 1990**
Ms. Carole Estabrooks	Alberta Association of Registered Nurses	October 24, 1989
Ms. Kathleen Oberle	Alberta Association of Registered Nurses	October 8, 1987
Ms. Hasana Birk	Alberta Public Health Association	June 20, 1989
Ms. Nora Greenley	Alberta Hospital Association	May 31, 1985*
Ms. Joyce Baird	Alberta Hospital Association	August 21, 1990**

** new appointees during fiscal year
* term expired during fiscal year

APPENDIX B

Members of the Scientific Review Committee

The Scientific Review Committee is an advisory body to the Board of AFNR consisting of the Chair who is an AFNR board member and a minimum of 3 other members who are nurses actively involved in nursing research and one member from a discipline other than nursing.

NAME	FROM
Dr. Marilynn Wood, Chair	University of Alberta
Dr. Sharon Ogden Burke	Queens University
Dr. Ellen Hodnett	University of Toronto
Dr. T. O. Maguire	University of Alberta (non-nurse)
Dr. Norma Stewart	College of Nursing, University of Saskatchewan

APPENDIX C

GRANT CATEGORIES

The Foundation accepted proposals in the following categories for the 1990 competitions:

RESEARCH PROJECT

(Maximum $85,000)

This grant enabled the applicant to develop and test instruments; to conduct original investigations, replication studies or studies using existing data which apply to the solution or management of problems pertaining to nursing practice.

DEMONSTRATION/EVALUATION PROGRAM GRANT

(Maximum $50,000)

This grant enabled the applicant to investigate the implementation and evaluation of innovations in the organization and delivery of nursing care or education.

FACILITATION GRANT

(Maximum $5,000)

This grant enabled the applicant to conduct pilot studies, develop instrument validity and reliability, field test instruments, conduct literature searches which are an integral part of the overall project and access professional consultation services or other related resources.

CONFERENCE/WORKSHOP GRANT

(Maximum $25,000)

This grant enabled an applicant to conduct á provincial, national or international conference or workshop designed to facilitate and/or communicate nursing research.

RESEARCH SUPPORT SERVICE GRANT

This grant enabled development of a nursing research infrastructure, sustainable beyond the period of funding to establish or strengthen institutional research development programs.

STUDENTSHIP AWARD

This grant enables: an undergraduate baccalaureate degree nursing student or Registered Nurse to conduct an independent investigation or research project while enrolled in a master's program (value - $1,000); **or** a Registered Nurse to conduct an independent investigation or research project while registered in a doctoral program in nursing or a related discipline (value - $2,000).